

GIRLS INC. SUMMER MEALS

2022- WEEK 5

MON

TUE

WED

THU

FRI

AM CARE SNACK

French Toast Bar
Applesauce
100% Fruit Juice

Chocolate Chip Muffin
String Cheese
100% Fruit Juice

Tiger Grahams
Flavored Raisins
100% Fruit Juice

Poptarts
String Cheese
100% Fruit Juice

Healthy Snack!
Flavored Raisins
100% Fruit Juice

LUNCH

Cheeseburger Sliders
Doritos
Applesauce
100% Fruit Juice

Taco Meat & Cheese
Tostitos Scoops
Salsa Cup
100% Fruit Juice

Cheese-Pizza
Tomato Cup
Fruit Choice
100% Juice Slushie

Turkey & Cheese Anytimer
Cheez-its
Flavored Raisins
100% Fruit Juice

Cheese Pizza
Carrot Cup
100% Juice Slushie
Cookies!

Milk is available with every meal!

This menu is subject to change based on food availability
Please call Meriden Food & Nutrition Services (203)-630-4166 with any questions or concerns!

GIRLS INC. SUMMER MEALS

2022 - WEEK 6

MON

TUE

WED

THU

FRI

AM CARE SNACK

S'mores
Backpacker Bites
Applesauce
100% Fruit Juice

Strawberry
Appleway Bar
String Cheese
100% Fruit Juice

Poptarts
Flavored Raisins
100% Fruit Juice

Chocolate Chip
Muffin
String Cheese
100% Fruit Juice

Cheez-it's
Flavored Raisins
100% Fruit Juice

LUNCH

Turkey & Cheese
Anytimer
Doritos
Applesauce
100% Fruit Juice

Taco Meat & Cheese
Tostitos Scoops
Salsa Cup
100% Fruit Juice

Cheese-Pizza
Celery Sticks
Fresh Red Apple
100% Juice Slushie

Chicken Patty
Sandwich
Cheez-it's
Flavored Raisins
100% Fruit Juice

Cheese Pizza
Cucumber Cup
100% Juice Slushie
Cookies!

Milk is available with every meal!

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any questions or concerns!

GIRLS INC. SUMMER MEALS

2022- WEEK 7

MON

TUE

WED

THU

FRI

AM CARE SNACK

French Toast Bar
Applesauce
100% Fruit Juice

Chocolate Chip
Muffin
String Cheese
100% Fruit Juice

Tiger Grahams
Flavored Raisins
100% Fruit Juice

Poptarts
String Cheese
100% Fruit Juice

Healthy Snack!
Flavored Raisins
100% Fruit Juice

LUNCH

Cheeseburger
Sliders
Doritos
Applesauce
100% Fruit Juice

Taco Meat & Cheese
Tostitos Scoops
Salsa Cup
100% Fruit Juice

Cheese Pizza
Tomato Cup
Fruit Choice
100% Juice Slushie

Turkey & Cheese
Anytimer
Cheez-its
Flavored Raisins
100% Fruit Juice

Cheese Pizza
Carrot Cup
100% Juice Slushie
Cookies!

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any questions or concerns!

GIRLS INC. SUMMER MEALS

2022 - WEEK 8

MON

TUE

WED

THU

FRI

AM CARE SNACK

S'mores
Backpacker Bites
Applesauce
100% Fruit Juice

Strawberry
Appleway Bar
String Cheese
100% Fruit Juice

Poptarts
Flavored Raisins
100% Fruit Juice

Chocolate Chip
Muffin
String Cheese
100% Fruit Juice

Cheez-it's
Flavored Raisins
100% Fruit Juice

LUNCH

Turkey & Cheese
Anytimer
Doritos
Applesauce
100% Fruit Juice

Taco Meat & Cheese
Tostitos Scoops
Salsa Cup
100% Fruit Juice

Cheese-Pizza
Celery Sticks
Fresh Red Apple
100% Juice Slushie

Chicken Patty
Sandwich
Cheez-it's
Flavored Raisins
100% Fruit Juice

Cheese Pizza
Cucumber Cup
100% Juice Slushie
Cookies!

Milk is available with every meal!

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any questions or concerns!

GIRLS INC. SUMMER MEALS

2022- WEEK 9

MON

TUE

WED

THU

FRI

AM CARE SNACK

French Toast Bar
Applesauce
100% Fruit Juice

Chocolate Chip
Muffin
String Cheese
100% Fruit Juice

Tiger Grahams
Flavored Raisins
100% Fruit Juice

Poptarts
String Cheese
100% Fruit Juice

Healthy Snack!
Flavored Raisins
100% Fruit Juice

LUNCH

Cheeseburger
Sliders
Doritos
Applesauce
100% Fruit Juice

Taco Meat & Cheese
Tostitos Scoops
Salsa Cup
100% Fruit Juice

Cheese-Pizza
Tomato Cup
Fruit Choice
100% Juice Slushie

Turkey & Cheese
Anytimer
Cheez-its
Flavored Raisins
100% Fruit Juice

Cheese Pizza
Carrot Cup
100% Juice Slushie
Cookies!

Milk is available with every meal!

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any questions or concerns!

GIRLS INC. SUMMER MEALS

2022 - WEEK 10

MON

TUE

WED

THU

FRI

AM CARE SNACK

S'mores
Backpacker Bites
Applesauce
100% Fruit Juice

Strawberry
Appleway Bar
String Cheese
100% Fruit Juice

Poptarts
Flavored Raisins
100% Fruit Juice

Chocolate Chip
Muffin
String Cheese
100% Fruit Juice

Cheez-it's
Flavored Raisins
100% Fruit Juice

LUNCH

Turkey & Cheese
Anytimer
Doritos
Applesauce
100% Fruit Juice

Taco Meat & Cheese
Tostitos Scoops
Salsa Cup
100% Fruit Juice

Cheese-Pizza
Celery Sticks
Fresh Red Apple
100% Juice Slushie

Chicken Patty
Sandwich
Cheez-it's
Flavored Raisins
100% Fruit Juice

Cheese Pizza
Cucumber Cup
100% Juice Slushie
Cookies!

Milk is available with every meal!

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